

POST VCD DEPLOYMENT

AMBULATION & DISCHARGE RECOMMENDATIONS

- **REVIEW & SHARE WITH THE PATIENT** the dedicated VCD Patient Guide & Patient Information Card.
- **THE FOLLOWING GUIDELINES** are recommended :

DO'S



- May take a shower.
- Remove the dressing and gently clean the site with mild soap and water the day after discharge. Gently dry the site and cover with a bandage.
- Change dressing daily until the skin heals.



- Support the puncture site when coughing, sneezing or straining.



- After 24 hours, remove the dressing, gently clean the site with mild soap and water, then dry the area and cover it with an adhesive bandage.
- Cover the area daily with a new bandage until the skin heals.
- Change the bandage if it becomes soiled or wet.

DON'T



- Avoid baths, hot tub use or swimming until the puncture site is healed.



- Avoid driving on the day of discharge.



- Refrain from lifting anything over 4.5 Kgs for 48-72 hours.

- **INSTRUCT PATIENTS** to contact their physician who performed the procedure if the following symptoms occur:



- Fever
- Bleeding
- Wound drainage
- Rash
- Persistent tenderness in the groin or swelling
- Redness and/or warmth to the touch
- Numbness or pain in the extremity when walking
- Bruising at the puncture site
- Other unusual symptoms